

The Travelling Art Therapist: A Case Study on the Interface Between Housing First, Art Therapy, and Indigenous Cultural Support

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7 Cities Conference

June 13th 2018

Key Phrases

- Art Therapy
- Indigenous Cultural Support
- Indigenous Art Therapy

Where I Come From



Where It All Began



Where It Continued



Where It Continued More

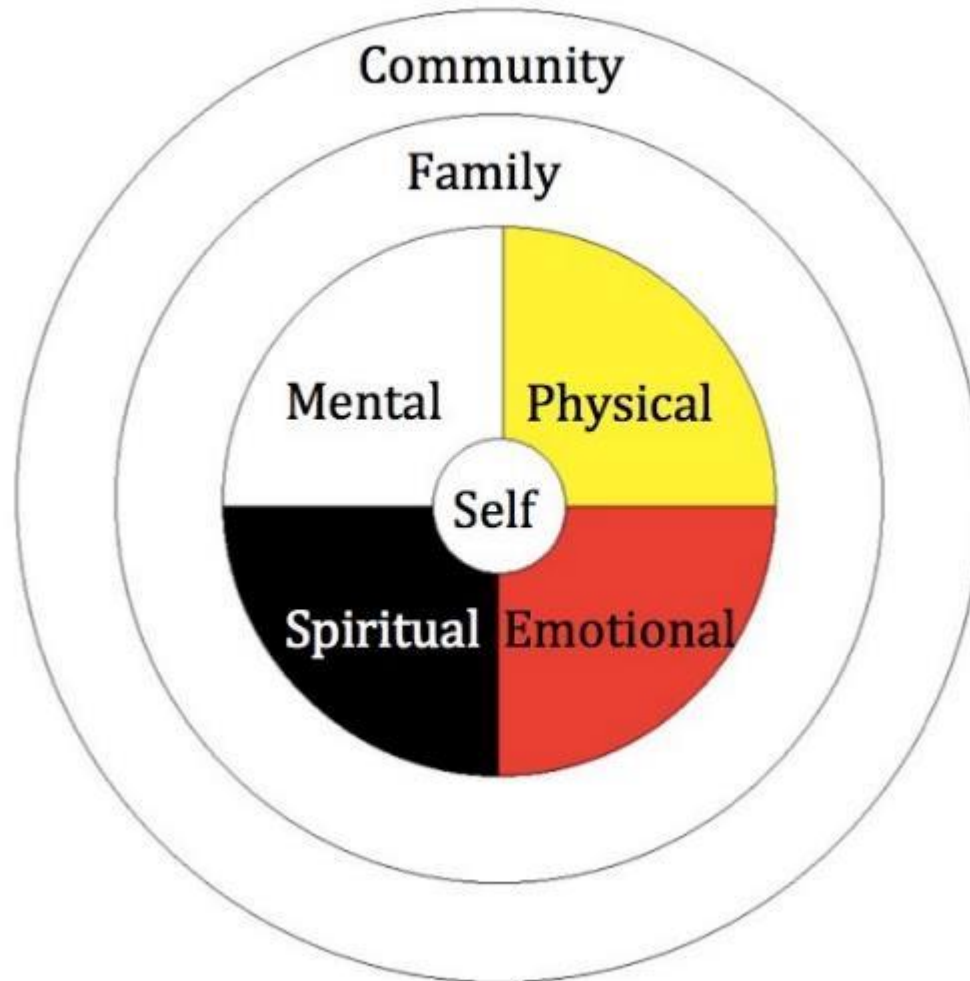


Where I'm Going

the
alex.

Changing Health. Changing Lives.

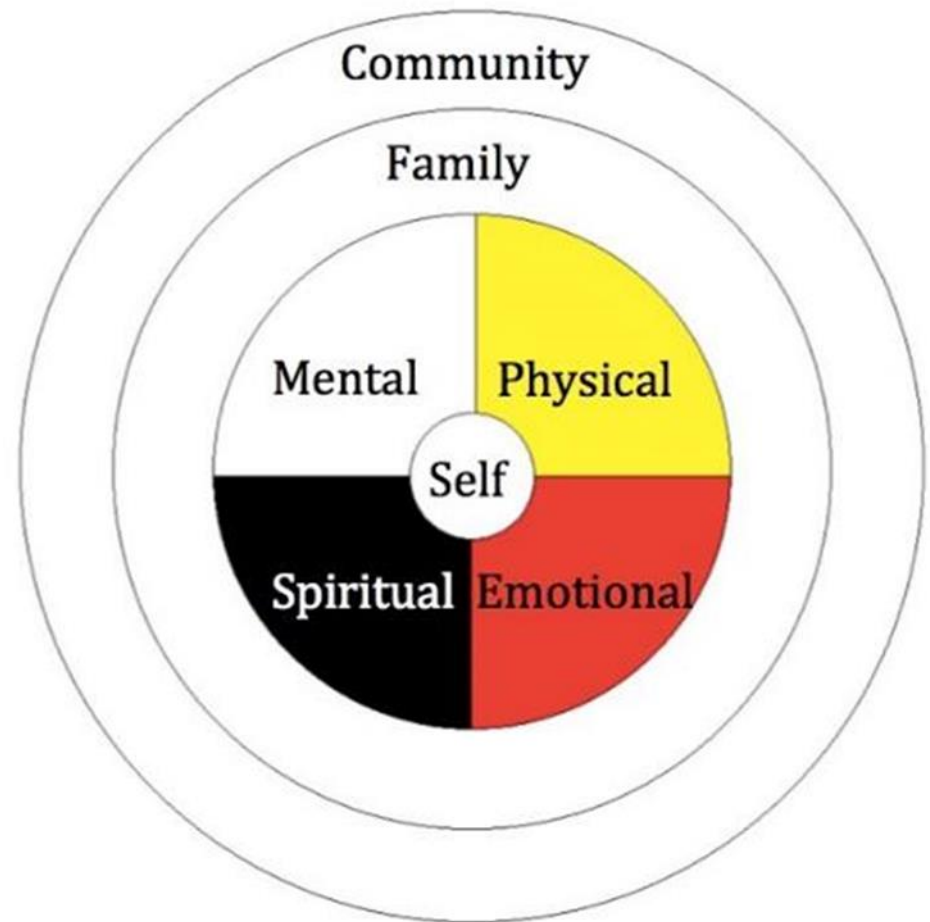
Meet Roseanna



Holistic Self

Physical Description

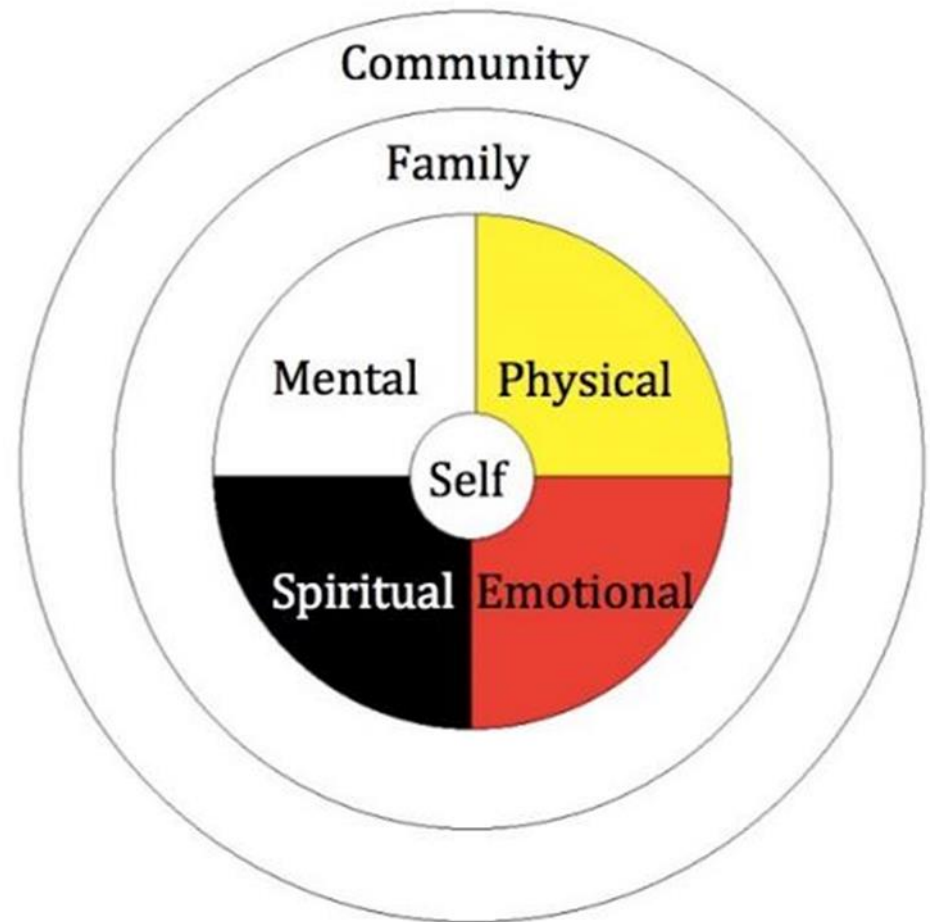
- ❑ 60 Years old
- ❑ “Human of the World” / Mohawk
- ❑ Chronically Ill
- ❑ Smoker
- ❑ Past history of substance use



Holistic Self

Emotional Description

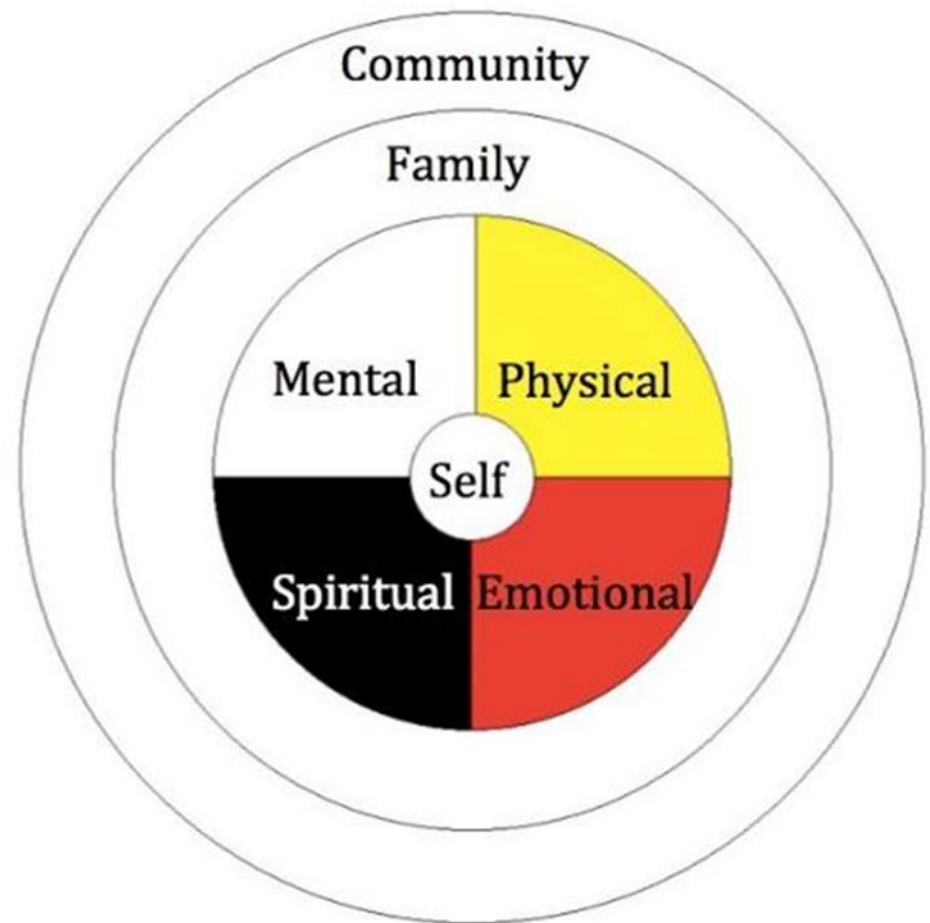
- Human Rights activist
- Anxiety
- Depression
- History of Suicide Ideation/attempts
- Good sense of humour



Holistic Self

Spiritual Description

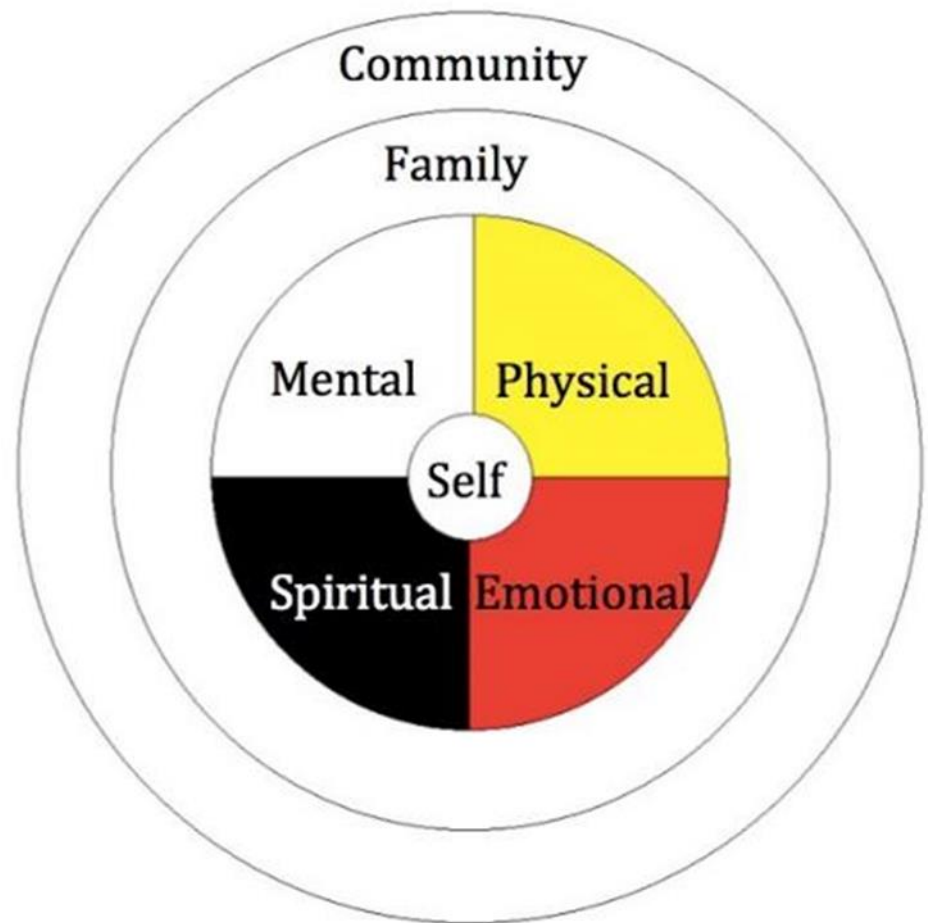
- Prayer
- Meditation
- Deep Breathing
- Smudging



Holistic Self

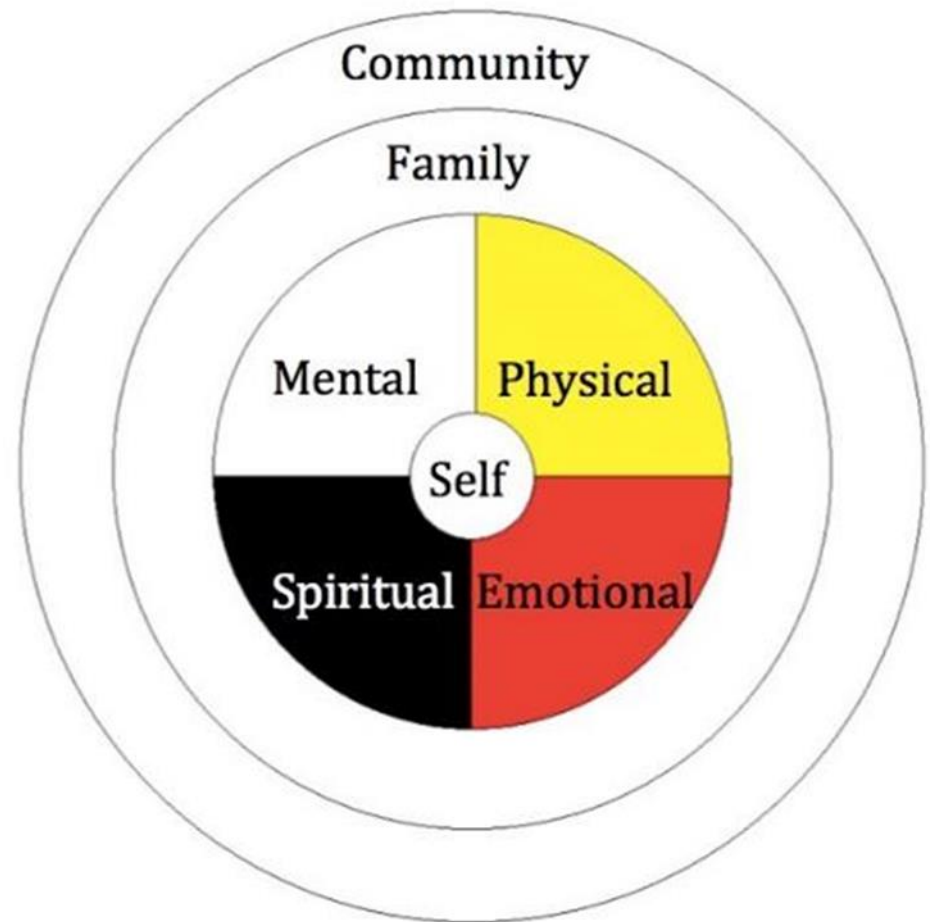
Mental Description

- ▣ Delusional Disorder
- ▣ Several psychiatric hospitalizations



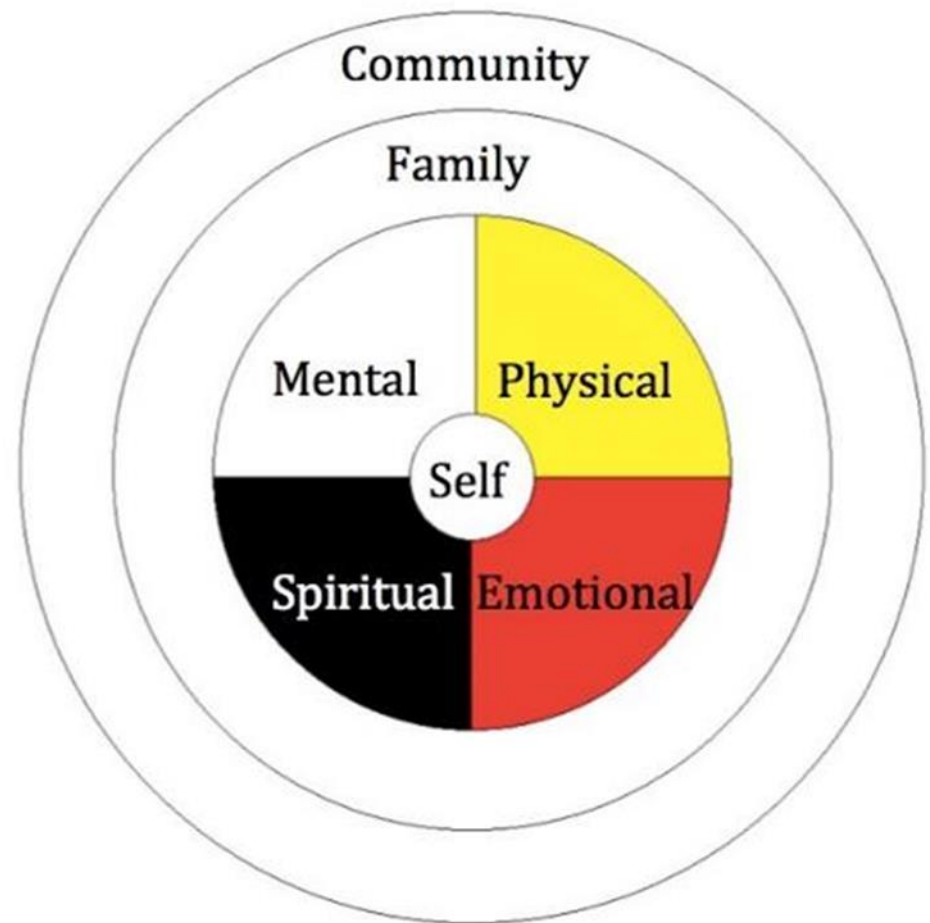
Family

- Divorced
- One Daughter – no contact
- No close siblings or relatives



Community

- Homeless community
- Reports history of few positive communities
- Pathways to Housing (staff and co-clients)
- Neighbours



The Cultural Art Therapy Journey

December 2017

- Accepted into the Pathways to Housing program
- Interested in participating in art therapy

January 2018

- Art Therapy Goals:
 - To be able to cope with being a “targeted individual”
 - To build positive coping strategies when experiencing overwhelming emotions (ie. suicide ideation and anxiety)
- Introduced to prayer arrow art directive
- Interested in starting Indigenous Arts and Healing group

February 2018

- Started attending Indigenous Arts and Healing group
- Attended other groups and workshops facilitated by myself
- Closed individual art therapy



March – April 2018

- Moved apartments
- Hung her artwork proudly in her unit
- Made friends with neighbours



May 2018

- Exhibited her art in an art show
- Stopped making art in group but still engaged
- Decided she needs a break from groups

Benefits and Challenges

Benefits

- Increased positive coping strategies
- Building a sense of community
- Strengthening self identity

Challenges

- Trickster Tales teachings (Graveline, 1998)
 - Finding Sacred Space
 - Interfering duties of the art therapist

Gifts from the Work

- Learning curve: integrating what I know into a system I'm not familiar with
- New ways to reach very vulnerable clients

References

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Questions?

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